

FOODS & NUTRITION

Course Description: This course is designed to assist students in making critical decisions about food, which contributes to health and well-being. Laboratory instruction is included as an application process. Practical problems addressed relate to attitudes toward food, nutrition facts, special health concerns and diets, management of food resources, preparation skills and careers in nutrition and food service. Leadership development will be provided through the Family, Career and Community Leaders of America.	
Academic Expectations	Content/Process
	Students will <ul style="list-style-type: none"> determine how changes in technology have increased food choices. identify physical, social, cultural and economic influences on food choices. explain how digestion turns food into usable nutrients. examine a meal for nutrient content. propose a balanced meal plan using the Dietary Guidelines for Healthy Living/My Pyramid.Gov. develop a plan for weight loss, weight gain or maintenance. inspect food labels for nutrition and food additives. plan a high fiber, low fat, low cholesterol or low sodium diets. recognize the value of following a shopping plan for food. calculate the difference in cost among semi-prepared, fully prepared and home prepared foods. select convenience foods according to time saved, the cost and the quality. determine the correct cooking methods for meat, eggs, milk and cheese, fruits, vegetables and legumes. assemble an attractive fruit or vegetable salad. prepare different types of grain products. bake cookies, cakes and pastries. illustrate table settings for special occasion. identify various types of food presentations. practice using different styles of meal service. practice dining etiquette when eating at a restaurant. demonstrate proper safety, sanitation and storage techniques in handling food. categorize careers in nutrition/food service according to skill required and type of job. utilize activities of the Family, Career and Community Leaders of America student organization as an integral component of course content and leadership development. apply math, science and communication skills within technical content. demonstrate employability and social skills relevant to the career cluster.
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Connections <ul style="list-style-type: none"> National Standards for Family and Consumer Sciences 	

- Secretary's Commission on Achieving Necessary Skills (SCANS)
- Kentucky Core Content for Assessment Version 4.0

